

PERIODONTAL POST-OPERATIVE INSTRUCTIONS

BLEEDING:

- It is not unusual to have slight bleeding or oozing for up to 48 hours. Don't be alarmed by a little bleeding.
- To minimize bleeding, please avoid spitting and taking hot food or drink for the first two days. Do not use straws for drink. Do not rinse your mouth for the first few hours. Cold application with an ice-pack against the area would help minimize swelling as well as bleeding.
- Avoid any medications containing Aspirin.

SWELLING:

- You can expect a slight amount of swelling during the next 24-48 hours.
- To minimize swelling, apply an ice-pack onto your face in the area of the surgery for 20 minutes and off for 10 minutes, throughout the first day.

PAIN:

- Discomfort (or severe pain after a prolonged surgery) can be expected. However, severe pain lasting more than 3 days is not normal. If this happens, call us.
- Medications will be prescribed to make you comfortable. Please follow the instructions.

CARE OF THE MOUTH:

- Soft nutritional meals are recommended for the first 48 hours. Avoid eating on the side with surgery. Avoid smoking and alcohol during the healing process.
- For plaque control, brush and floss normally for the remaining areas. Do not brush the surgical site for the first week. Prescribed mouth rinse should be used following the instructions.

You are scheduled to return in one week for post-operative care. In case of problems or if you have any questions, contact this office (408-777-0110).